9/19/11 Interview with CDoehring re: her traumatic experience reflections

Kelly Arora

*Remind everyone that we’re going to focus on the process of reflection on the experiences, not on the experiences themselves, but Carrie should feel free to share whatever feels comfortable.*

[process question] Would you tell us about what it was like to reflect on and write about this experience (e.g., how you felt physically, emotionally, etc., need to use coping before/during/after).

[Process question ] I wondered if your identity as a pastoral caregiver affected this reflective process in any way?

[Spiritual coping question] You mentioned music a number of times in your reflections. Could you tell us more about the role music plays in coping for you?

[Spiritual coping question] You also talked about the “quiet” services at your HS chapel and the silent retreat. Is there anything you would add about the role silence plays for you in coping?

[Spiritual coping question] In what ways would you say your traumatic experiences have made your stronger or perhaps more resilient?

[Spiritual coping question] What did you learn about your own coping practices by writing about this experience? (anything jarring?)

[Spiritual coping question] Were there any coping practices that you found were not helpful in this experience?

[Meaning making question] I was moved by your description of your parents, who “didn’t know what to do or how to help” you. Can you say more about that in relation to your meaning making process?

[Meaning making question] How have your core beliefs changed as a result of this traumatic experience?

[Question about the process of sharing] Was there anything about this experience of sharing with us that was jarring in any way?